

**IN THE ABSTRACT:**

Please replace the abstract with the following abstract:

**Abstract**

An ink comprising a water-soluble phthalocyanine compound, wherein in the spectral absorption curve of an aqueous solution of the phthalocyanine compound, the absorbance ratio  $b/a$  of the maximum absorbance  $b$  in the absorption band of 660 to 680 nm and the maximum absorbance  $a$  in the absorption band of 600 to 640 nm is less than 0.8 and the counter ion for the ionic hydrophilic group of the phthalocyanine compound is lithium ion. The ink can provide an image having excellent (color) hue and high fastness to light and ozone gas, can be used as an ink for an ink jet and can be used in an ink jet recording method.